FAMILY LIFE

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LIVING WITH IN-LAWS

Even after the building boom of recent years, more than a million couples are still "doubled up" and living with the parents of one of the partners. Ten years ago the number was three or four million. In any period, many young couples start marriage by living with parents, and elderly couples give up their own home to live with a married son or daughter. Every counselor is familiar with the disadvantages of such an arrangement. Any observer can also see households in which such an arrangement is working satisfactorily. The problem has received a great deal of attention but surprisingly little serious study.

The attached table makes a small contribution to the much-needed study. It represents 342 couples who had lived after marriage in the home of parents, and for whom information was furnished by members of a class in the Biology of Family Relations at the University of Southern California. To attain at least slight homogeneity, the students were asked to list only those couples who might be said to belong to the educated part of the population, which meant something more than graduation from high school.

Nearly half of the couples reported the arrangement as a happy one, all things considered.

These couples were not all living with in-laws at the time of the study. They might, for example, have lived with the wife's parents for the first two or three years of marriage, and have lived alone for the 20 years since then. In some instances the "doubling up" was intermittent.

Families living on a farm probably get along better together than those in a small city home, especially when it comes to the care of elderly parents. There is always something that old people can do on a farm or ranch, to make themselves useful. Families that got along together most comfortably in a city home or apartment were either particularly well-adjusted and emotionally mature or else one was particularly dependent on the other. A young couple may welcome having everything done for them; a daughter may be delighted to have her mother take all the responsibility for home-making.

Naturally, the couples that are satisfied with living together are the ones most likely to continue living together. The figures in the table give some support to this expectation. Those who re-

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NUMBER OF YEARS TOGETHER

	1-2	3-4	5-6	7-8	9-10	11+	Tot.	Per-cent
Happy	36	28	21	14	19	44	162	.47
Doubtful	20	15	14	6	9	9	73	.22
Unhappy	44	23	15	8	6	11	107	.31
Total	100	66	50	28	34	64	342	1.00

ported living together only a few years were less happy in the arrangement than some others. They moved out as soon as they could! Friction had developed over handling of the children, over the food, over the household bills, and in many other directions.

These doubled-up living arrangements present one of the common illustrations of the fact that husband and wife do not always estimate their happiness alike. An earlier study, by L. M. Terman and others, of many hundreds of couples about whom detailed information was collected by the American Institute of Family Relations, found a wide difference between the ratings of husbands and wives of their own marriage. It can by no means be taken for granted that if one partner is happy in marriage the other will be equally happy. In the present study a wife would comment, "I don't like to talk about it because I wouldn't want to hurt Bill's feelings, but the truth is I won't be happy until we get a home of our own," or a husband would say, "My wife would be perfectly satisfied if we lived with her parents forever, but we can't get out too soon to suit me."

This report on 342 educated couples who had lived for some time after marriage with parents, is not presented as proving any particular point. The complexity of the situation makes it impossible to establish any simple and final relationships statistically. It does show that many couples are able and willing to make the best of a situation that holds unlimited possibilities of trouble.—*Paul Popenoe.*

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Around the World

SWITZERLAND now has 10 marriage counseling centers in seven different cities.

SEX EDUCATION as a part of public education has made little progress in France, according to Elisabeth Hagemeyer, a German specialist who recently made a careful survey. In some quarters it is particularly reprobated as "an American importation."

EUGENICS forms part of the curriculum of many Brazilian schools, as a section of hygiene, due to the 38-year campaign of Dr. Renato Kehl, president of the Brazilian Central Commission on Eugenics.

ADOPTION LAWS of Scotland are under study by a committee appointed by the Ministry of the Interior. One of the recommendations is that any parents seeking to adopt a child shall sign an agreement to inform the child that he is adopted, and is not their own.

MINISTER OF SOCIAL WELFARE OF THE NETHERLANDS, F. J. van Thiel, has approved the creation of a National Family Council to promote and protect the interests of the home. It will have 17 members: five Roman Catholics, five Protestants, one Jew, and six from organizations not related to religion. All will be experts in family matters.

DEALING WITH FEARS AND ANXIETIES

by PIERCE OMMANNEY, M.A.

For the present purpose it is not necessary to discuss in detail the nature and origin of fears and anxieties. The former are usually specific, the latter more general, often seen in the form of "free-floating" anxiety which is ready to attach itself to any current situation. The counselor dealing with these disturbing factors in family life will want to help his client understand the general nature of such feelings and their physiological effects, then explore the client's own history. Counseling will make use of several or many of the following steps:

1. Assure client that release from his difficulty is possible if he desires it and is really willing to work to that end. Give illustrations in which this has been done. Let him see your own confidence.
2. Help him when necessary to build up physically and get plenty of rest. Specific relaxation techniques are often valuable.
3. Encourage him to keep out of unfavorable situations and avoid companions who have a disturbing affect on him.
4. Help him to build a normal social life with adequate and wholesome recreation, and to cultivate some "accomplishments" that will increase his self-esteem.
5. Following indications from his JTA profile, help him to correct low self-mastery, high subjectivity, high nervous and depressive tendencies.
6. Dreams often provide clues to the client's areas of difficulty; and if he is good at reporting them, he can watch his own improvement by progressive change in the character of his dreams, or the disappearance of nightmares.
7. In dealing with a specific fear, trace its history with the client; let him see that it is no longer necessary or appropriate. The neurotic pattern is largely an attempt to solve *new* problems by *old* methods which do not fit the new situation. As he analyzes his present situation, calmly and objectively, he can work out methods that will fit.
8. Once the methods have been worked out, they must be put into effect. Treatment of specific fears is in line with the general principles of psychological re-conditioning. Give your client continual encouragement in *doing something.* He may rehearse feared activities in situations which normally do not arouse fear, and thus assure himself that they are harmless. New and positive experiences, in the area where bad conditioning had taken place through negative and fear-producing experiences, will gradually supplant the old and painful feelings with new and pleasurable feelings.
9. Remember that repression, distraction, ridicule, catch-phrases, and palliatives are ineffective methods. Some of them may have an auxiliary place with some clients; but the method used must be a *radical* one — it must get at the root of the difficulty and remove it. As you help the client to recognize this procedure, he will gain confidence.
10. Teach him not to be afraid of fear. It is a necessary part of life — necessary to survival. But it must be dealt

with by good habits, not bad habits; it must be managed intelligently. He should set a definite time each day for reflection on this; then act on the basis of his reflection.

11. Since talking out a fear is helpful, the client will do well to find suitable persons in whom he can confide. There are 168 hours in a week, and you can counsel him for only one hour. What is he doing during the other 167 hours? Success in any counseling program depends largely on the utilization of the other 167 hours; and the client ordinarily needs the help of a counselor to plan for this, as well as encouragement in carrying out his plan. He should not apologize for his fears, but recognize that they can be turned to good purpose if he releases the energy which he now wastes on them. The crisis through which he is passing can call forth greater ability than he has previously shown. Help him to think in terms of steady growth and improvement, — of course without expecting a miracle!

12. As he gains insight and confidence, help him to study those around him and see the negative forces which may be at work in them. He will begin to see how they could do better, with the kind of knowledge and practice which he is gaining.

13. As in other phases of counseling, the client dealing with his own fears and anxieties can be greatly helped by noting his own progress. The counselor will call attention to it, but the client is also helped if others around him recognize it and express appreciation. Husband or wife may follow a suggestion from the counselor for this purpose. Sometimes the client is aided by keeping a journal, a sort of account book in which he notes his gains and losses, the items in black ink steadily increasing as those in red ink disappear.

14. Be sure the client is not really enjoying his fears, as a child enjoys his tantrums. He must find so much greater satisfaction from more positive sources, that these negative ones will lose their attraction for him.

15. As he gains insight, he can recall unsatisfactory, painful, or dangerous situations which he has faced in the past. Were they his own fault? Were they due to his own bad habits? How did he deal with them then? How would he deal with them now? Do some of the undesirable habits still persist? If so, what is he doing about them? Help him to see how his defense system was built and how it can be changed. He will soon find change proceeds with accumulated momentum, as he replaces bad habits with good ones.

16. Above all, remember that fears and anxieties can not be met by passive measures. The counselor who attempts to be "permissive" may merely intensify the client's problems and make him feel that they are insoluble. Insight is desirable, but unless translated into action it may be harmful; and action itself may produce desirable insight.

(Abstract of discussion at the eighth annual summer workshop in the techniques of counseling, AIFR, Aug. 4, 1955.)

Research Notes

CENSUS BUREAU reports a total of 47,800,000 households in the U.S.A. in April, 1955, of which 5,545,000 were rural farm, the remainder urban and

rural non-farm. The total number of households has been increasing by 850,000 each year, whereas the number of rural-farm households has been decreasing about 150,000 a year. The number of married couples reached an estimated 37,600,000 in 1955, of whom less than 1,300,000 (3.5%) were not maintaining their own households, or in other words were "doubled up" with another family.

VENEREAL DISEASE rates are rising again, partly as a result of premature deemphasis of this subject in public health programs and appropriations. During 1954 there was a reported rise of syphilis rates in 20 states, of gonorrhea in 36 states.

FIGURES FOR 1953 (only 26 states reporting) reveal 1,524 brides married at the age of 14 or under. Of these 1,077 were white. There were 17 grooms in the same age bracket, of whom 13 were white. Georgia furnished the largest number of these early marriages, Mississippi next.

SMOKING during pregnancy seems to affect the developing cardio-vascular system of the fetus, according to workers in the Fels Institute at Antioch College. Even one cigaret may produce a change in the heart rate of the fetus. They think it possible that smoking in pregnancy may be one of the factors in the increase of cardiac conditions in the population.

THREE SIGNIFICANT RELATIONS were distinguished from use of the Parent Behavior Scales developed by the Fels Institute at Antioch College (Yellow Spring, Ohio.) These are (1) encouragement of dependence vs. denial of satisfaction for dependence, (2) democratic practices vs. authoritarian practices, and (3) strict orderliness vs. laxness and disorganization.

Educational Notes

JOINT MEETING of the Council of National Organizations for Children and Youth, the National Council of State and Local Action for Children and Youth, and the Federal Intergovernmental Committee on Children and Youth, will be held in Washington, D.C., on December 5 and 6. General theme is "The Status of Children and Youth at the Mid-decade Point."

FOURTH ANNUAL REPORT of the Charlotte (N.C.) family life education program describes four workshops for teachers, as well as active work with pupils and with parents. George A. Douglas (1601 Park Drive, Charlotte 4, N.C.) is coordinator.

MINNEAPOLIS plans to have members of youth organizations such as Boy and Girl Scouts and Camp Fire Girls offer a year-round program of service to the aged wherever they may be—in nursing homes, own homes, homes for the aged, etc.

THEME FOR FAMILY WEEK (May 6 through 13, 1956) has been stated by the National Council of Churches as "God in the home — peace in the world."

Inexpensive Pamphlets

FAMILY FUN KIT, 8 folders dealing with different phases of recreation, crafts, travel, and nature study; 15c per kit from Service Dept., General Board of Education, The Methodist Church, Box 871, Nashville 2, Tenn.—Excellent material at a merely nominal cost.

HOW TO CHOOSE TOYS, by Grace Langdon. Folder free on request to American Toy Institute, 200 Fifth ave., New York 10, N.Y.—Christmas is coming!

THE INTAKE PROCESS: six papers on intake procedures and short-term treat-

ment, pp. 38, price 85c from Family Service Assn. of America, 192 Lexington ave., New York 16, N.Y.

Notes For After Fifty, by Edith M. Stern, a series of six folders for distribution to senior citizens, price $1 for the set, from Nat'l. Assn. for Mental Health, 1790 Broadway, New York 19, N.Y. — Good material priced much too high, but available in quantity at low cost.

Removing Blocks to Mental Health in School, valuable suggestions to teachers; obtainable from Mental Health Committee, N.Y. State Dept. of Education, Albany, N.Y.

The Pastor's Seminar in Family Counseling, pp. 16, an issue of the Christian Family Life Bulletin, Office of Adult Work, Presbyterian Board of Christian Education, 1105 Witherspoon bldg., Philadelphia 7, Pa.—Comprehensive and fact-filled discussion for the clergyman.

My Reflections, pp. 20, price 10c from Natl. Dairy Council, 111 N. Canal st., Chicago 6, Ill.—Valuable booklet for teen-age girls, dealing with grooming, dating, popularity, and the like.

A Guidance Program For Rural Schools, by Glyn Morris. Pp. 46, price $1 from Science Research Associates, 57 W. Grand ave., Chicago 10, Ill.

How To Help the Baby Grow, by Julia M. Long. Pp. 86 (paper covers, no index.) Price $1.50 from Greenberg, 201 E. 57th st., New York 22, N.Y., 1955.—Described as "a simplified guide for parents and baby sitters."

Farm Vacations and Holidays, 500 Fifth ave., New York 36, N.Y.—Directory of places where children, adults, or families may be given accommodations; many proprietors are "dirt farmers" offering genuine farm experience. Price 25c.

Do You Need a Lawyer, by Kathryn Close. Pp. 28, price 25c from Public Affairs Pamphlets, 22 E. 38th st., New York 16, N.Y.

The Retarded Child in the Community, by Katherine G. Ecob. Pp. 22, price 35c from N.Y. State Society for Mental Health, 105 E. 22d st., New York 10, N.Y.

Child Training Leaflets, set of seven dealing with problems frequently encountered by parents. Originally published by Dept. of National Health and Welfare in Canada, these are now reprinted by the Mental Health Materials Center, 1790 Broadway, New York 19, N.Y.; four sets (minimum order) for 25c.

Footing the Hospital Bill, by Elizabeth Ogg. Pp. 28, price 25c from Public Affairs Committee, 22 E. 38th st., New York 16, N.Y.

Understanding the Older Client, 10 papers from Social Casework, pp. 64, price 90c from Family Service Assn. of America, 192 Lexington ave., New York 16, N.Y.

Drake Musical Aptitute Tests of musical memory and rhythm; LP phonograph record with tests and examiner manual, price not stated, from Science Research Associates, 57 W. Grand ave., Chicago 10, Ill., 1954. — It is more important to discover musical aptitudes early in life than it is to discover most other aptitudes and, on the other hand, hundreds of thousands of children who have no aptitude waste time and money on lessons. Raleigh M. Drake, author of these tests, is professor of psychology at Kent (Ohio) State University.

NEW BOOKS IN BRIEF REVIEW

THE CARE AND FEEDING OF TWINS, by Phyllis Graham. Pp. 242, price $3.50 from Harper & Bros., 49 E. 33d st., New York 16, N.Y., 1955.

When Mrs. Graham gave birth to twins, she found that there is very little literature for parents who have the same experience. Since one birth in every 90 is a twin birth, there should be enough buyers to make such a book profitable! Mrs. Graham (primarily a commercial artist), tells just how she handled her own identical boys, and adds a chapter on fancies and fallacies. But she is quite right in concluding that our culture has not yet faced frankly the many problems created by the existence of twins. "Housekeeping problems, child psychology, and social relations take on unique aspects with twins." Mrs. Graham denies that twins tend to have inferior mentality. On the whole, they average well with singletons. But she does not explain away the fact that in all recorded history no twin has ever reached first rank among the geniuses.

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HOW TO LIVE WITHOUT LIQUOR, by Ralph A. Habas. Pp. 125 (no index), price $2.50 from Farrar, Straus and Cudahy, 101 Fifth ave., New York 3, N.Y., 1955.

Dr. Habas (popular writer on psychology and ethics) addresses three groups of readers: (1) the four million men and women in the U.S. who are already problem drinkers, (2) their 20 million relatives, friends, employers, etc., who want to help them, and (3) the 65 million persons who want to find out how they can keep from becoming problem drinkers. Certainly a very large number, out of these 89,000,000, would find the book really useful! It is well-organized, clearly written, and sensible. "No liquor victim can cope with his problem alone," Dr. Habas warns, and his concluding chapter tells "Where to go for help." In other chapters he considers more fully the contributions of the medical profession, of psychologists, Alcoholics Anonymous, and clergymen. He suspects that "the number of problem drinkers among women actually equals or exceeds the number among men."

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A CASE BOOK OF COUNSELING, by Robert Callis, Paul C. Polmantier, and Edward C. Roeber. Pp. 352, price $5 from Appleton-Century-Crofts, 35 W. 32d st., New York 1, N.Y., 1955.

Increasing interest in counseling is evidenced by the appearance of several casebooks. This one gives five cases in some detail. They represent problems that are encountered in a university office, rather than in a marriage counseling bureau or a minister's study. The authors (the first two at the University of Missouri, the third at the University of Michigan) suggest that "The relationship which obtains between counselor and client may be the most important and fundamental factor in counseling, a factor to which other accouterments, such as giving information, interpretation, clarification, catharsis, etc., may be appended according to a variety of specific clients or situations."

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MEASUREMENT AND EVALUATION IN PSYCHOLOGY AND EDUCATION, by Robert L. Thorndike and Elizabeth Hagen. Pp. 574, price $5.50 from John Wiley &

Sons, 440 Fourth ave., New York 16, N.Y., 1955.

Textbook by two educators at Teachers College, Columbia University, covering an extraordinary range of subjects.

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PREJUDICE AND YOUR CHILD, by Kenneth B. Clark. Pp. 151, price $2.50 from the Beacon Press, 25 Beacon st., Boston 8, Mass., 1955.

Dealing primarily with the Negro problem, this temperate and persuasive book is addressed to parents but should be read by many others. The blurb is accurate in saying: "The book is factual. It is specific. It is practical." Every child is harmed by prejudice anywhere, psychologist Clark asserts. There are nearly 400 public and private agencies concerned with race relations, but he says "it is difficult to find a truly interracial agency that works effectively." In spite of fine pronouncements, "the Christian Protestant churches represent one of the most entrenched areas of racial segregation still existing in American society" and "individuals who profess strong religious affiliations or attend church frequently are more likely to be prejudiced than those who do not." Dr. Clark (C.C.N.Y.) provided much of the factual material on which the case against segregation in public schools was briefed to the U. S. Supreme Court.

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YOU AND YOUR CHILD'S HEALTH, by Paulette Hartrich. Pp. 208, price $3 from Harper & Bros., 49 E. 33d st., New York 16, N.Y., 1955.

Each year, approximately one child out of every four is confined to bed by illness for one week or longer. The problems presented therefore deserve attention from all parents and Mrs. Hartrich (social worker and lecturer in Chicago) gives detailed and helpful suggestions on the psychological rather than the medical aspects of these problems.

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YOUR CHILD'S HAPPINESS, by Irene Schumo Seipt. Pp. 254, price $3 from World Pub. Co., 2231 W. 110th st., Cleveland 2, Ohio, 1955.

Mrs. Seipt is a mother, teacher, and long time editor of publications at the Child Research Clinic, Langhorne, Pa. She writes primarily for the parents of young children, advising them that "Letting your child develop as naturally and as easily as possible in an atmosphere of love is the best way yet discovered to secure for the child his right to happiness in childhood."

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SEXUAL UNDERSTANDING AMONG YOUNG UNMARRIED ADULTS, by B. David Edens. Pp. 71, price $1.50 from Family Life Publications, 6725 College Station, Durham, N.C., 1955 — McHugh's Sex Knowledge Inventory was given to 10 men and 10 women in a semi-rural church; this booklet analyzes their answers, showing wide ignorance and confusion. The writer (a Baptist minister) adds suggestions for a church program of education in marriage and family life.

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ADAPTIVE HUMAN FERTILITY, by Paul S. Henshaw. Pp. 322, price $5.50 from McGraw-Hill Book Co., 330 W. 42d st., New York 36, N.Y., 1955.

Dr. Henshaw gives a good picture of the need to prevent population growth from outrunning the means of subsistence and overcrowding the earth. Most readers will agree. The question is, what are you going to do about it? Here the author fails. He suggests "a plan of management" which he calls Teleogenesis; "in other words it proposes that the human

population growth process, heretofore regulated and maintained mainly by sexual compulsion, be regulated instead by the human will and directed toward the maintenance of optimal or *teleogenic* populations." This involves instructing everyone "on the full meaning of responsible parenthood" and "depending on the inherent good judgment and natural desire of people to keep family size in balance with means of support." Abundant evidence shows we can not depend on "the inherent good judgment" of the feebleminded, the alcoholic, the people who produce children to increase their allotment from charity—not to mention those with some religious motivations. Dr. Henshaw is a biologist whose work in recent years has been on the effects of atomic radiation.

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STUDIES ON FERTILITY, ed. by R. G. Harrison. Pp. 151, price $4.25 from Charles C. Thomas, 301 E. Lawrence ave., Springfield, Ill., 1955.

Technical papers read at the conference of the Society for the Study of Fertility, London, 1954. Edmond J. Ferris of Wistar Institute, Philadelphia, asserts that "the fault in over one-half of the couples lies probably with the husband," and gives data from successful artificial inseminations of 100 women, which convince him that "conception was likely to occur only on the day of ovulation, and within a matter of hours of ovulation." He determines the time of conception by a new method (the rat hyperaemia test) which he has devised. Joseph Loewenstein describes the Coitus Training Apparatus, little known in the U.S.A., to aid men with inadequate erection.

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EVALUATION IN MENTAL HEALTH, review by a committee, pp. 281, price $2 from Supt. of Documents, U. S. Public Health Service, offers a discussion of the difficulties of evaluation, followed by abstracts of many hundreds of books and articles in periodicals.

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SOCIAL FOUNDATIONS OF EDUCATION, by Harold Rugg and William Withers. Pp. 770, price $6.75 from Prentice-Hall, 70 Fifth ave., New York 11, N.Y., 1955.

Although the family is the smallest of the groups which mold the culture of the nation, it has the greatest opportunities to do so, say the authors of this comprehensive college textbook. They calculate that 60% of the 165,000 Americans today spend most of their time in the home: 23% are home-makers, 31% are children and youth of school age or under, and 4 to 6% are old or retired. How well is the family using its opportunities, — not to say responsibilities? Not too well, they believe, because the people of this nation "are still relatively uneducated. While 90 to 95% of the people are moderately literate, few really understand the factors that bring about the critical problems of our mid-twentieth-century world." Public education will have to become culture-centered, if it is to create the right kind of families. Dr. Rugg is a well-known educator from Teachers College, Columbia University; Dr. Withers an economist from Queens College, New York City.

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MARRIAGE: A MEDICAL AND SACRAMENTAL STUDY, by Alan Keenan and John Ryan. Pp. 336, price $4.50 from Sheed & Ward, 840 Broadway, New York 3, N.Y., 1955.

Another study by a priest and physician, giving the position of the Roman Catholic church on many points which concern a physician of that faith and, equally, the layman. Those of different religious views may also want to familiarize themselves with the Catholic doctrines, which are here presented authori-

tatively.

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A BABY'S FIRST YEAR, by Benjamin Spock and John Reinhart, with photographs by Wayne Miller, pp. 179 (no index), price $5 from Duell, Sloan, and Pearce, 124 E. 30th st., New York 16, N.Y., and from Little, Brown & Co , 34 Beacon st., Boston 6, Mass., 1955.

Beautiful baby photographs, originally used in the Ladies' Home Journal, are made the vehicle for Dr. Spock's common-sense comments on child care. Good gift for any young parents.

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CULTURE AND HUMAN FERTILITY, by Frank Lorimer. Pp. 510 (paper covers), price $4.50 from Columbia University Press, 2960 Broadway, New York 27, N.Y., 1955.

Some years ago UNESCO decided to make a study of the relation of population to culture, in non-industrial societies. Dr. Lorimer (professor of sociology at American University) has turned out a scholarly job, dealing largely with African tribes, but with one section on Brazil. He concludes that the general type of family organization determines the birth-rate to a marked degree. The book is of interest primarily to specialists.

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ARBEIT, FREIZEIT,UND FAMILIE, ed. by Lothar Loeffler. Pp. 59 (paper covers, no index), price 3 DM from Georg Thieme Verlag, Herdweg 63, Stuttgart, Germany, 1955.

Papers presented at the annual meeting of the German Association for Youth- and Marriage counseling, dealing with the general topics of work, leisure time, and family. In addition, Dr. Ilse Taegert of Hanover reports in detail on a tour of the United States, in which she studied the progress of marrige counseling and mental hygiene.

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CHILD DEVELOPMENT, by Millie Almy. Pp. 490, price $6 from Henry Holt & Co., 383 Madison ave., New York 17, N.Y., 1955.

College textbook, tracing the youngster into adolescence and based on the histories of six "representative" 18-year olds. The author is a psychologist at Teachers College, Columbia University, New York.

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PARENTS AND CHILDREN, by C. W. Valentine. Pp. 212, price $3.75 from Philosophical Library, 15 E. 40th st., New York 16, N.Y., 1955.

A British importation—the author is emeritus professor of education at the University of Birmingham. The book is more academic in character than most American books written for parents. It is sound and judicious, free from faddism.

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A NEW IMAGE OF MAN, by Ardis Whitman. Pp. 260 (no index), price $3.50 from Appleton-Century-Crofts, 35 W. 32d st., New York 1, N.Y., 1955.

People have talked too long of "the common man," and it is time to recognize that there is no such thing, — that man is unique, says Miss Whitman. Moreover, he has within himself much greater potentialities than are usually expressed. We are only beginning to discover what he can do. She discusses the value of meditation and prayer, speaks of parapsychology, and demands the cultivation of a capacity to rebel against the shackles of convention. The author (wife of a teacher and mother of two children) is widely known as a magazine writer and the author of two previous books: *I'm tired of grandma* and *How to be a happy woman.*

PRACTICAL HELP FOR COUNSELORS

The American Institute of Family Relations offers invaluable material, to be found nowhere else, for the many people called upon to help others in dealing with personal and family problems. In addition to the Correspondence Course in Counseling (see next page), the Institute has prepared a number of unique pamphlets, the most recent being:

Pub No. 524. MARRIAGE COUNSELING. PRICE.....25c
Marriage counseling is largely a matter of re-educating one or both partners. Everyone has a right to expect from marriage emotional and economic security, companionship, sexual partnership, and children. Four rules for successful marriage counseling are given.

Pub. No. 526. THE PRACTICE OF MARRIAGE COUNSELING: A paper presented to the third International Conference on Planned Parenthood, Nov. 24 to Dec. 1, 1952, by Paul Popenoe, Sc.D. 35c

An illuminating and concise discussion of twelve pitfalls which beset many counselors, and how to avoid them. Aids for formulating a provisional plan of treatment of the client.

Among the other popular pamphlets for counselors are:

Pub. No. 502 MARITAL COUNSELING WITH SPECIAL REFERENCE TO FRIGIDITY 35c

Pub. No. 506. AGGRESSIVENESS AND ITS TREATMENT. (Mimeographed) 10c

Pub. No. 508. MATURITY AND OLD AGE INDICATOR, By Christopher Ruess. Invaluable for those dealing with the elderly. Questionnaires, instruction sheet, and set of scoring devices for use in detecting elements of psychological old age any time after 30 and preventing its development. Complete set 1.00

Pub. No. 517. SEXUAL INADEQUACY OF THE MALE.....1.00
The most practical, concise and explicit discussion available of the non-medical treatment of a very common condition which affects several million husbands in this country and Canada, and therefore affects an equal number of wives.

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The Institute publishes more than a hundred books and pamphlets dealing with every phase of marriage and family life. Here are two popular ones:

1. PREPARING FOR MARRIAGE —

The Institute's widely known "Premarital Conference" pamphlet, dealing with sexual adjustment in marriage. It has proved to be just as valuable to many persons already married, as to those looking forward to marriage. Sold at $15 per hundred or $2.50 per dozen; single copy.....25c

23. BUILDING SEX INTO YOUR LIFE —

A Pamphlet intended for young men going into the army or industry; equally valuable for those in senior high school or college; but no less valuable to their sisters, parents, and educators. A simple statement of sexual ethics, constructive and soundly scientific. Sold at $15 per hundred or $2.50 per dozen; single copy 25c

THE AMERICAN INSTITUTE OF FAMILY RELATIONS

The American Institute of Family Relations is the first organized attempt in the United States to bring all the resources of modern science to bear on the promotion of successful marriage. It was incorporated in 1930 as a non-profit undertaking, and all its services are available to the public at a minimum cost.

Through lectures, conferences, and discussion groups, the Institute carries on an active and continuous educational program. A circulating library provides the public with recent and important books. A correspondence course in the principles, techniques, and materials of counseling, makes the experience of the Institute available to those at a distance, who are called upon to lead, advise, or instruct others in dealing with their personal and family problems.

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